ABOUT

Safe Living Technologies is pleased to introduce the Safe and Sound Pro II RF Meter. Designed to meet our professional standards of accuracy and reliability. The Safe and Sound Pro II features include:

- a true ±6dB response from 400 MHz - 7.2 GHz and a full frequency response from 200 MHz - 8 GHz
- linear measurements 0.1-1,000,000 µW/m²
- reduced tolerance up to 3,180,000 µW/m², 34.6 V/m
- reduced tolerance down to 0.005 µW/m², 0.001 V/m
- high sensitivity and resolution at low levels
- ability to detect very short pulses (<5 µs) incl. 5G
- can display units of measure in µW/m² or V/m
- temperature compensate accuracy -20 to +60 °C
- long battery life with built in rechargeable batteries: >15 hours with speaker on
- a clear display with PEAK, MAX & AVG readings
- loud adjustable speaker sound output - 3 levels
- 1/8" stereo headphone jack
- continuous operation via USB-C power

This sensitive meter is capable of measuring potentially harmful RF or microwave radiation from any continuous or pulsed digital sources. To help identify these various sources, the Safe and Sound Pro II includes a built in speaker with adjustable volume levels. Each source has its own unique sound signature. Please visit our website: **www.safelivingtechnologies.com** for the sound library.

OPERATION

To turn on the unit, simply push and hold the power button. The startup screen will show the self calibration process and the approximate battery level in percent remaining. To turn off the unit, push and hold the power button again.

To enable sound, momentarily press the power button to cycle through LOW, MED, HIGH & OFF sound levels.

Scan the area to record the highest MAX reading by moving the meter in all directions while keeping it at least 30 cm or 1 foot from your body. If the RF levels are at or below a safe, long-term exposure level for sleeping areas, the green LED will be solid or flashing. To change display units from µW/m² to V/m or vice versa, press and hold the MAX RESET button down until the units change.

Startup Screen



Measurement Screen



Quick view indicator lights:

RED: Extreme
Move away from this exposure.
Flashing indicates more than **10x** extreme.
Fast flashing indicates more than **100x** extreme.
Fastest flashing indicates more than **1000**x extreme.

ORANGE: High
Try to limit the time of your exposure at this level.

YELLOW: Moderate
Reduce this level for long term exposure.

GREEN (solid): Slight
Good for sleeping areas and long term exposure.
Flashing indicates best and ideal conditions.

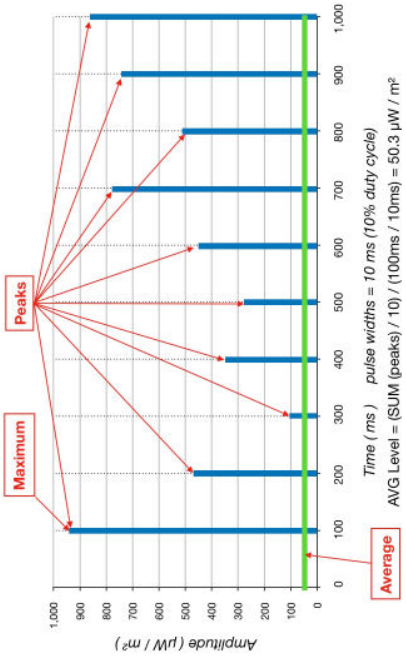
TERMINOLOGY

PEAK: Maximum instantaneous signal level.

MAX: Highest measured PEAK value.

AVG: Time averaged signal power density.

The graph below shows how average signal levels are calculated and why these levels are often much lower than peak levels. Example WiFi beacon:



BACKGROUND

Biological damage from microwave radiation at a cellular level occurs at levels much lower than the current government safety standards. They only consider the heating of tissue to be a health concern. This meter reflects the latest science and Building Biology standards. Environments with high levels of RF are often a reality now. The goal is to reduce your exposure as much as possible. This is especially important in sleeping areas.

NOTES

The unit will automatically turn itself off after 30 minutes. To use the Safe and Sound Pro II continuously, or without batteries, connect a computer or 5V USB charger to the USB-C jack.

When headphones are connected to the 1/8" jack, the internal speaker is automatically muted.

Press the 'Max Reset' button to clear the 'MAX' value or hold for 3 seconds to toggle units of measure. (μW/m² to V/m)

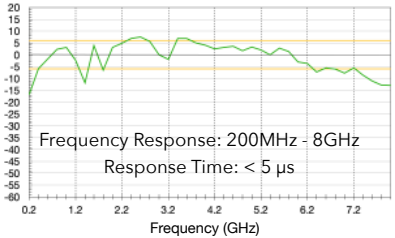
CHARGING THE BATTERY

The Safe and Sound Pro II features internal rechargeable NiMH batteries. When the unit is turned ON, the available battery capacity is displayed.

During operation, the battery status icon will show a Full, Medium or Low charge. To charge the battery, plug in a USB power cable to the Power Input connector.

A blue LED below the USB-C connector and the battery symbol in the display will indicate that the Pro II is charging. A full charge from a depleted battery can take up to 12 hours.





Frequency Response: 200MHz - 8GHz
Response Time: < 5 μs

Peak Values

Red (Fastest Flash) > 1,000,000 μW/m²
Red (Fast Flash) 100,000 - 1,000,000 μW/m²
Red (Flash) 10,000 - 100,000 μW/m²
Red 1000 - 10,000μW/m²
Orange 100-1000 μW/m²
Yellow 10-100 μW/m²
Green 1-10 μW/m²
Green (Flashing) < 1 μW/m²

(2.4 GHz signal level reference)
Battery Life: > 15 hours with speaker on
> 18 hours with speaker off

Engineered and Made in Canada by

SAFE LIVING TECHNOLOGIES

www.safelivingtechnologies.com

Safe and Sound Pro II

200 MHz - 8 GHz
Broadband RF Meter



Operation Guide